



Arkansas Department of Health

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Updated April 10, 2020

Guidelines for Discontinuation of Isolation Precautions in Patients with COVID-19 Infection Under Home Isolation

Limited information is available to characterize the spectrum of clinical illness, transmission efficiency, and the duration of viral shedding for patients with COVID-19.

Interim guidance for discontinuation of Transmission-Based Precautions (or isolation precautions) and disposition of COVID-19 infected patients under home isolation has been developed based on available information about COVID-19. It has been supplemented by what is known about diseases caused by related coronaviruses (MERS-CoV and SARS-CoV).

This guidance is subject to change as additional information becomes available.

ADH recommends a non-test-based strategy for discontinuation of home isolation. **We strongly recommend against using a test-based strategy for discontinuation of home isolation.** This recommendation is based on Arkansas's current testing capacity for COVID-19 and is subject to change.

Non-Test-Based Strategy

Persons with confirmed¹ or probable² COVID-19 and who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
- At least 7 days have passed *since symptoms first appeared*.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 7 days have passed since the date their positive COVID-19 diagnostic test was collected and have had no subsequent illness. For 3 days following discontinuation of isolation, these persons should continue to limit contact (stay 6 feet away from others) and limit potential of dispersal of respiratory secretions by wearing a covering for their nose and mouth whenever they are in settings where other people are

present. In community settings, this covering may be a barrier mask, such as a bandana, scarf, or cloth mask.

¹Confirmed COVID-19 Case:

- Meets confirmatory laboratory evidence, i.e. detection of SARS COV 2 RNA in a clinical specimen

²Probable COVID- 19 Case:

- Meets clinical criteria AND epidemiologic evidence with no confirmatory laboratory testing performed for COVID-19.
- Meets presumptive laboratory evidence (serology) AND either clinical criteria OR epidemiologic evidence.
- A death certificate that lists COVID-19 disease or SARS-CoV-2 as a cause of death or a significant condition contributing to death with no confirmatory laboratory testing performed for COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

https://cdn.ymaws.com/www.cste.org/resource/resmgr/2020ps/interim-20-id-01_covid-19.pdf